



Basil Pesto Breadcrumbs

READY IN



45 min.

SERVINGS



8

CALORIES



57 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 ounces torn baguette
- ☐ 0.3 cup torn basil
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 1 ounce parmigiano-reggiano grated
- ☐ 1 tablespoon pinenuts chopped

Equipment

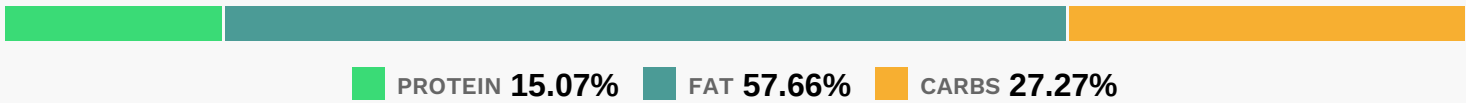
- ☐ food processor

☐ frying pan

Directions

- ☐ Heat olive oil in a skillet over medium heat.
- ☐ Add garlic; cook 30 seconds. Pulse torn baguette in a food processor for coarse crumbs.
- ☐ Add breadcrumbs, pine nuts, and Parmigiano-Reggiano; cook 2 minutes or until toasted, stirring occasionally.
- ☐ Remove from heat; stir in basil.

Nutrition Facts



Properties

Glycemic Index:24.84, Glycemic Load:2.45, Inflammation Score:-1, Nutrition Score:2.2908695621983%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 57.48kcal (2.87%), Fat: 3.72g (5.73%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.73g (1.36%), Sugar: 0.42g (0.46%), Cholesterol: 2.41mg (0.8%), Sodium: 100.8mg (4.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Manganese: 0.17mg (8.38%), Vitamin K: 6.16µg (5.87%), Calcium: 52.74mg (5.27%), Phosphorus: 40.22mg (4.02%), Vitamin B1: 0.05mg (3.27%), Selenium: 2.13µg (3.05%), Vitamin E: 0.41mg (2.7%), Vitamin B2: 0.04mg (2.29%), Folate: 8.96µg (2.24%), Iron: 0.4mg (2.21%), Vitamin B3: 0.4mg (2%), Magnesium: 7.37mg (1.84%), Zinc: 0.25mg (1.67%), Copper: 0.03mg (1.62%), Vitamin A: 80.86IU (1.62%), Vitamin B6: 0.02mg (1.13%)